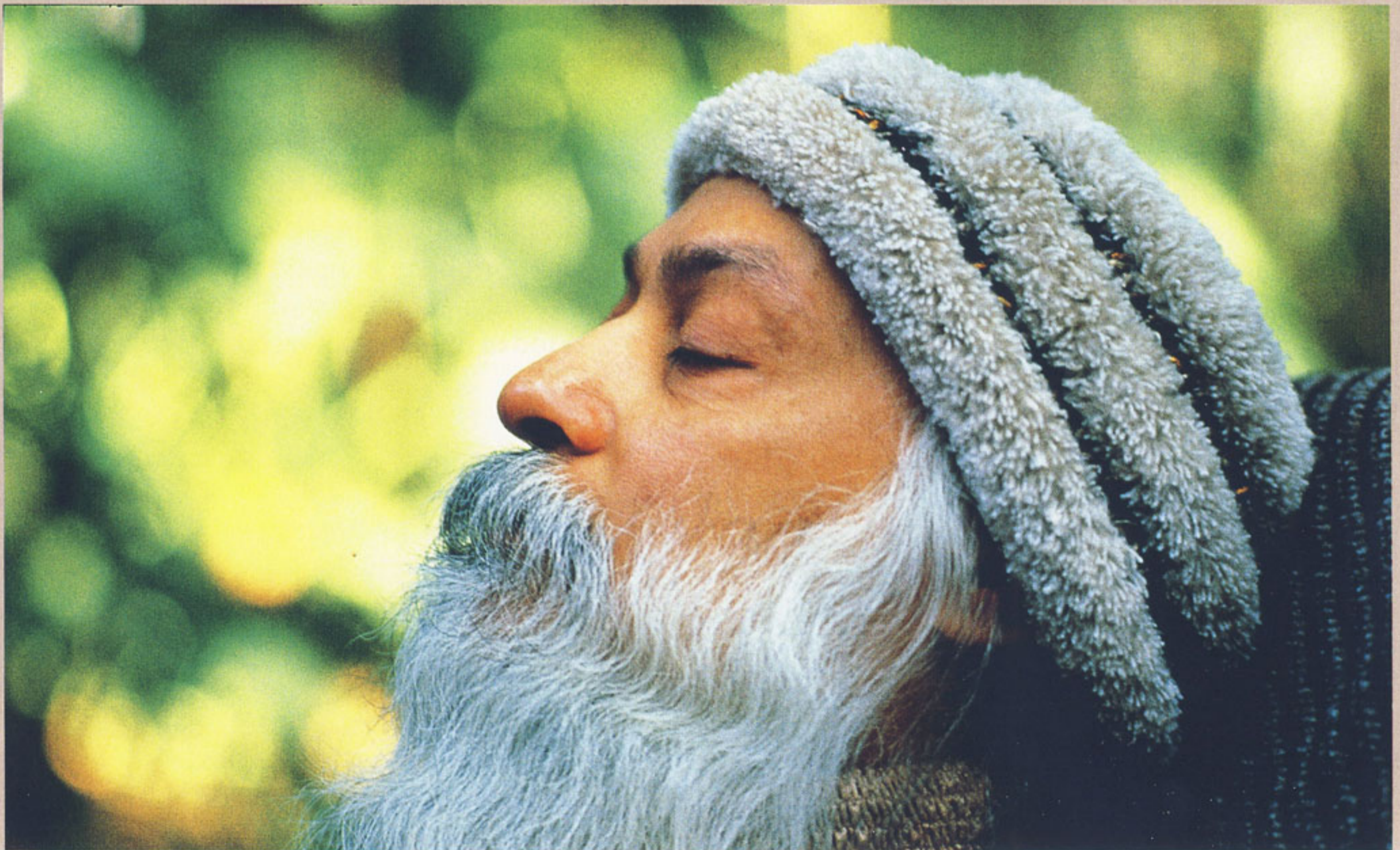


My whole effort is to bring Zorba and Buddha closer and closer – so close that both can exist in one human being without any contradiction, as complementaries, helping each other...

MINDFUL LIVING

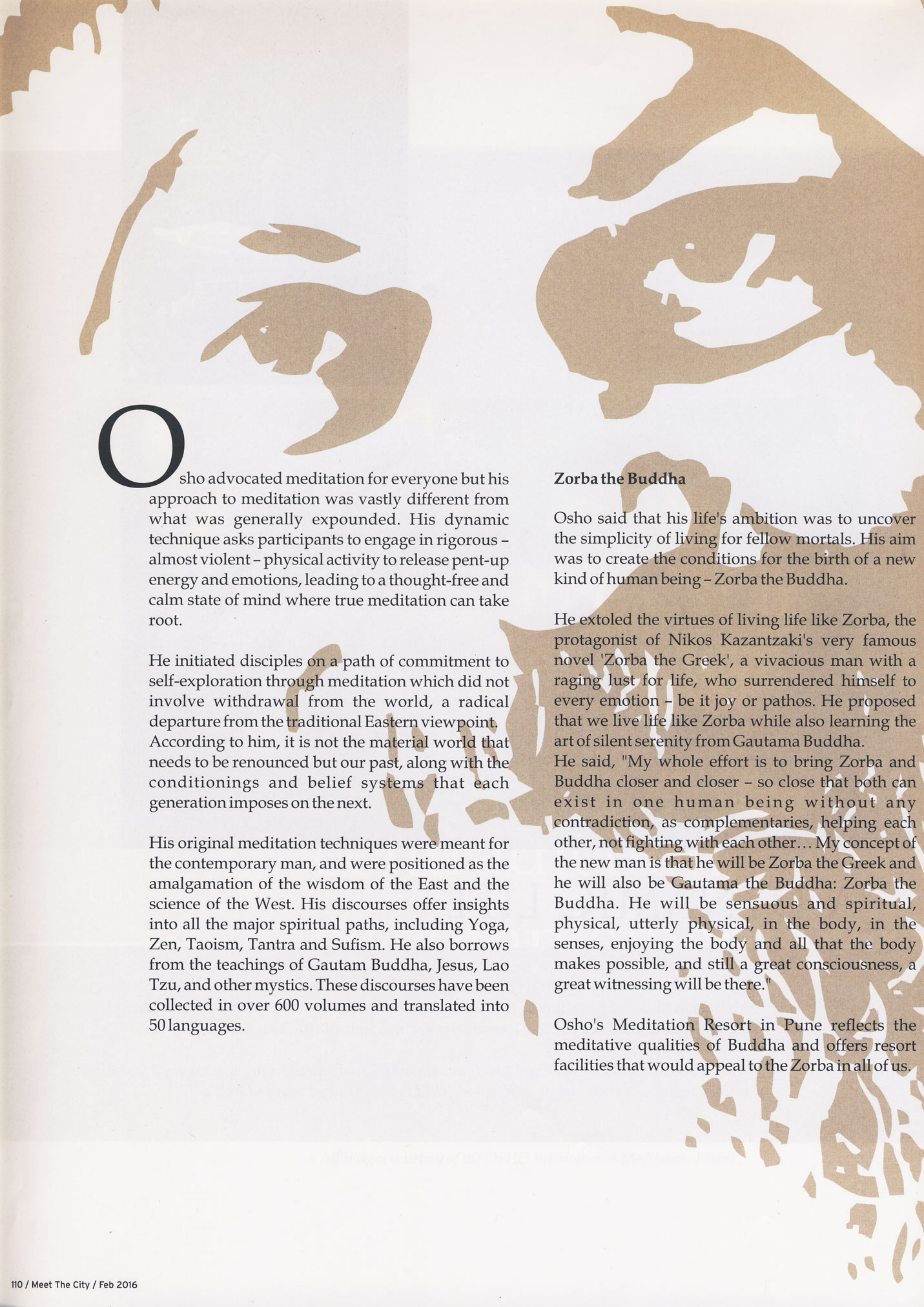
All images courtesy of the OSHO International Meditation Resort.



A DYNAMIC LIFE

Referred to as a revolutionary, an enlightened and charismatic leader, and also a mad man, a heretic – often in the same breath, Osho was unarguably one of the most influential spiritual teachers of the second half of the 20th century.

Rashmi Alevoor spent a day at the Osho International Meditation Resort in Pune to gain a first-hand understanding of the meditation techniques offered by the man that many address as Osho.



Osho advocated meditation for everyone but his approach to meditation was vastly different from what was generally expounded. His dynamic technique asks participants to engage in rigorous – almost violent – physical activity to release pent-up energy and emotions, leading to a thought-free and calm state of mind where true meditation can take root.

He initiated disciples on a path of commitment to self-exploration through meditation which did not involve withdrawal from the world, a radical departure from the traditional Eastern viewpoint. According to him, it is not the material world that needs to be renounced but our past, along with the conditionings and belief systems that each generation imposes on the next.

His original meditation techniques were meant for the contemporary man, and were positioned as the amalgamation of the wisdom of the East and the science of the West. His discourses offer insights into all the major spiritual paths, including Yoga, Zen, Taoism, Tantra and Sufism. He also borrows from the teachings of Gautam Buddha, Jesus, Lao Tzu, and other mystics. These discourses have been collected in over 600 volumes and translated into 50 languages.

Zorba the Buddha

Osho said that his life's ambition was to uncover the simplicity of living for fellow mortals. His aim was to create the conditions for the birth of a new kind of human being – Zorba the Buddha.

He extolled the virtues of living life like Zorba, the protagonist of Nikos Kazantzaki's very famous novel 'Zorba the Greek', a vivacious man with a raging lust for life, who surrendered himself to every emotion – be it joy or pathos. He proposed that we live life like Zorba while also learning the art of silent serenity from Gautama Buddha.

He said, "My whole effort is to bring Zorba and Buddha closer and closer – so close that both can exist in one human being without any contradiction, as complementaries, helping each other, not fighting with each other... My concept of the new man is that he will be Zorba the Greek and he will also be Gautama the Buddha: Zorba the Buddha. He will be sensuous and spiritual, physical, utterly physical, in the body, in the senses, enjoying the body and all that the body makes possible, and still a great consciousness, a great witnessing will be there."

Osho's Meditation Resort in Pune reflects the meditative qualities of Buddha and offers resort facilities that would appeal to the Zorba in all of us.



A Place where the Mind, Body, and Soul can Play Harmoniously

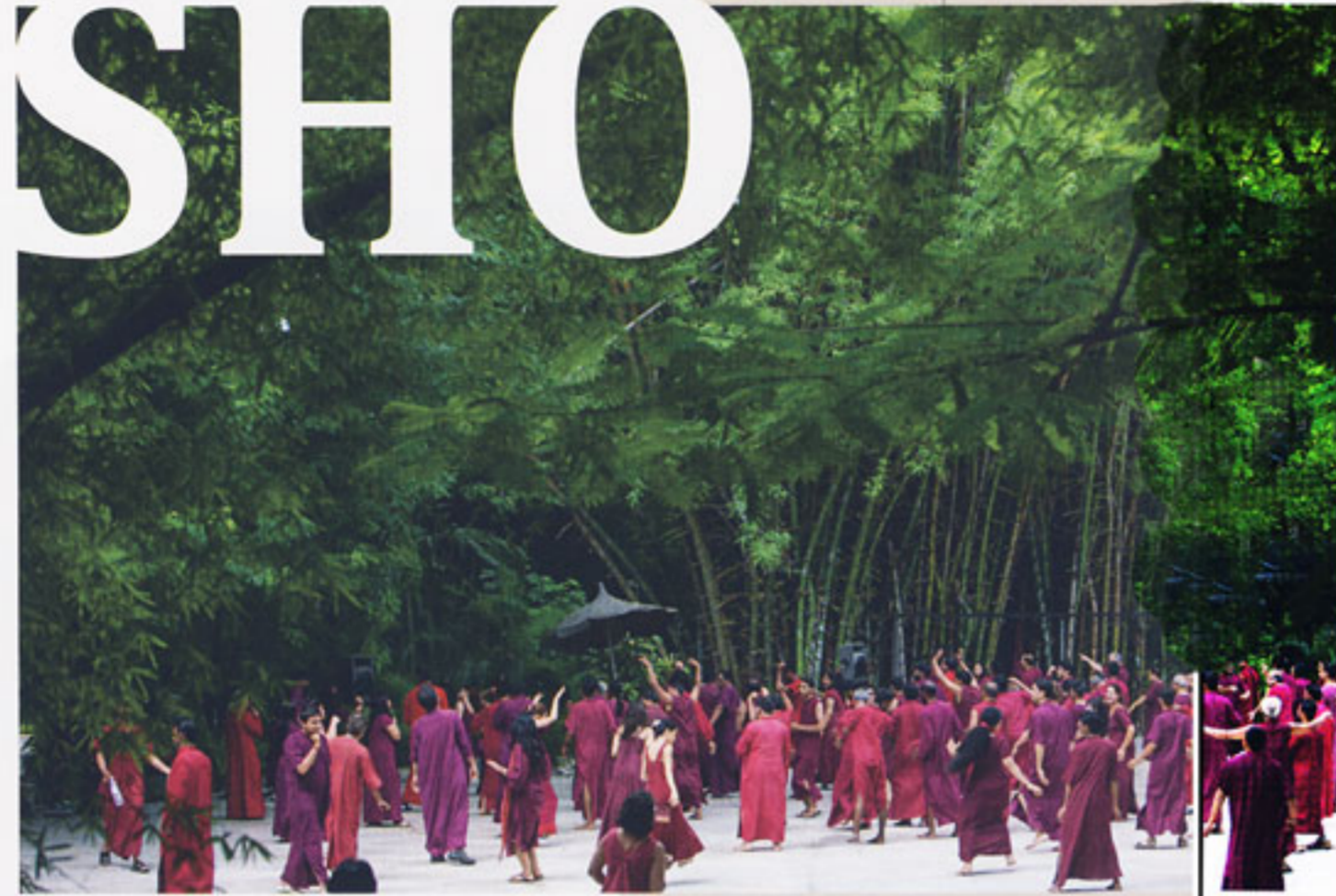
The Osho Meditation Resort in Pune has been drawing seekers from all across the world since its inception. The facility is enveloped by a pervading sense of calm and quiet, interrupted occasionally only by the sound of laughter or the song of birds that have taken refuge in the many trees on the property. Its ecosystem was landscaped so as to be conducive to mental and physical equilibrium.

On arriving at the resort, visitors are greeted with the sound of running water, the sight and shade of bamboo plants and trees that are a thousand years old. The bountiful natural environment provides a haven to meditators; a peaceful sanctuary away from the madding crowd.



I am deliberately inconsistent, contradictory, so that you cannot make any body of knowledge out of me. So if one day you start gathering something, another day I take it away. I don't allow you to gather anything. Sooner or later, you are bound to be awakened to the fact that something totally different is transpiring here. It is not that I am giving you some dogma to be believed in, some philosophy to be lived by, no, not at all. I am utterly destructive, I am taking everything away from you.

OSHO



Typical Schedule

6:00 am

OSHO Dynamic Meditation

A five-stage meditation consisting of deep breathing, catharsis, grounding and centering, silence, and celebration.

7:30 am

OSHO Talk (audio)

9:00 am A different meditation every day of the week*

10:30 am

OSHO Vipassana Meditation

12:00 pm A different meditation every day of the week*

2:45 pm

OSHO Nadabrahma Meditation

A healing and centering meditation that involves humming and soft movements.

4:15 pm

OSHO Kundalini Meditation

A four-part meditation including vigorous shaking of the body, celebrative dance, and silent witnessing.

6:40 pm

OSHO Evening Meeting Meditation.

A high-energy dance followed by sitting with intermittent music, and continuing with an Osho video.

9:30 pm

A different meditation most days of the week*

* These include: OSHO Nataraj Meditation, OSHO Devavani Meditation, OSHO Gourishankar Meditation, OSHO Mandala Meditation, OSHO Whirling Meditation, OSHO No-Dimensions Meditation, OSHO Chakra Breathing Meditation, OSHO Chakra Sounds Meditation, OSHO Laughter Meditation, OSHO Darkness Meditation, OSHO Gibberish Meditation, OSHO Golden Light Meditation, OSHO Mahamudra Meditation, OSHO Heart Meditation, OSHO Laughing Drums Celebration, OSHO Awareness Techniques for Everyday Life, meditations from Osho: The Book of Secrets.

Also, three Silent Sitting meditations take place every day in the OSHO Chuang Tzu Auditorium.

When not meditating, participants can take a stroll through the beautiful Osho Teerth Park which expands over 12-acres and has been created out of a publicly-owned former wasteland. They may also avail the services and facilities of the Basho Spa which include an Olympic-sized swimming pool, an outdoor Jacuzzi, a gym with large indoor saunas in the men's and women's changing areas, and tennis courts.

A must-visit for the bearer of a curious mind

Osho is known for his revolutionary contribution to the science of inner transformation, with an approach to meditation that acknowledges the accelerated pace of contemporary life. Whether one agrees with his teachings or his format of meditation or not, the Osho International Meditation Resort is one of the most vibrant, eclectic, and unique places in the world that is definitely worth visiting.